

KATHRYN CHACRA, LCSW-S, ADHD-CCSP



EXPERIENCE

2024-
NOW **Kathryn Chacra Psychotherapy and Consulting PLLC**
LICENSED CLINICAL SOCIAL WORKER

- Provide individual and family therapy with a specialization in ADHD treatment for children and adolescents.
- Conduct comprehensive assessments to evaluate ADHD symptoms and co-occurring challenges.
- Develop and implement personalized treatment plans focused on behavior management, emotional regulation, and executive functioning skills.
- Offer psychoeducation to clients and caregivers on ADHD-related concerns, including coping strategies, school accommodations, and self-advocacy.
- Collaborate with schools, physicians, and other professionals to coordinate care and provide referrals as needed.

2022-
2024 **Centene Corporation Superior Health**
BEHAVIORAL HEALTH SERVICES COORDINATOR

- Assisted children with ADHD, Autism, and other behavioral health needs in accessing appropriate services and care.
- Conducted assessments to determine eligibility for behavioral health services and coordinated referrals to providers.
- Developed individualized care plans to address behavioral health concerns, ensuring alignment with Medicaid guidelines.
- Collaborated with healthcare providers, educators, and families to ensure continuity of care and effective treatment interventions.

2019-
2021 **San Antonio ISD**
CLINICAL SOCIAL WORKER

- Provided school-based social work services to elementary and middle school students, supporting their academic, social, and emotional well-being.
- Delivered crisis intervention, individual and group counseling, and behavioral support to students facing mental health challenges.
- Collaborated with teachers, administrators, and families to address student needs and develop intervention strategies.
- Promoted to Clinical Social Worker to design and implement a clinical mental health program for LMSW school social workers.
- Established a framework for LMSWs to provide clinical services to students while receiving supervised training toward LCSW licensure.
- Created and distributed a monthly newsletter highlighting the contributions of school social workers and counselors, as well as mental health and SEL initiatives across the district.

OTHER: **Bariatric Counseling Center**
Talkspace
Veterans Memorial High School
Hope Family Health Center
CancerCare in New York City

ABOUT

Kathryn Chacra began her social work career in 2004, successfully elevated to Licensed Clinical Social Worker in 2009 and most recently acquired Supervisor status with the State of Texas in 2021.

EDUCATION

UNIVERSITY OF TEXAS AT AUSTIN
2004 | Bachelors of Social Work

**COLUMBIA UNIVERSITY
IN THE CITY OF NEW YORK**
2007 | Master of Science in Social Work

SKILLS

MH Assessments	● ● ● ● ●
Evidence Based Counseling	● ● ● ● ●
Documentation	● ● ● ● ●
Presentations	● ● ● ● ●
Coaching skills	● ● ● ● ●
Crisis Intervention	● ● ● ● ●

